



# Liz's Sparkling New Year's Cider

**Makes:** 6 Servings

With two little ones in the house, I'm always looking for ways that I can introduce them to new flavors and textures of foods and beverages. This sparkling cider recipe does just that! The 100% apple juice is familiar and adds a touch of sweetness, while the cloves, nutmeg, and cinnamon introduce them to new spices. The bubbles from the sparkling water also provide a fun new feeling for their mouth. Adults will enjoy this beverage too! ~Liz, CNPP Nutritionist

## Ingredients

**2 cups** 100% apple juice

**1/2 teaspoon** star anise

**2** whole cloves

**1/4 teaspoon** cinnamon

**1/4 teaspoon** nutmeg

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>39</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>3 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	0 g
Total Sugars	8 g
Added Sugars included	0 g
<b>Protein</b>	<b>0 g</b>
Vitamin D	0 mcg
Calcium	8 mg
Iron	0 mg
Potassium	84 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
Fruits	1/4 cup

## MyPlate Food Groups

**4 cups** sparkling water (unsweetened)

## Directions

1. Combine the first five ingredients in a pot and cook over medium-high heat for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

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